

# DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Wednesday, Nov. 27, 2002



Tech. Sgt. Marlin Zimmerman

## ACC commander expresses thanks

By Gen. Hal Hornburg  
Air Combat Command

Thanksgiving Day, we celebrate a feast held more than 376 years ago between Native Americans and early European settlers who came to America to find a better life for themselves and their families.

Over time, the holiday has come to mean other than that simple historical remembrance. We often think of traditional images of family, food and football. Thanksgiving Day should also serve as a reminder of the many blessings we enjoy as Americans every day.

We are all blessed to live in a country with freedoms and opportunities that are an inspiration to many nations. Generations of courageous Americans have fought and sacrificed to uphold and defend our country's values. This

great nation has seen many wars since its birth—for independence, for states' rights, for democracy, for civil rights, for containing fascism and communism, and today we fight to rid the world of terror.

Through our dedication and commitment to duty, we show the world daily what it takes to be an American.

I thank you for your selfless service and am immensely proud to serve beside you. If you are home, enjoy, be thankful and relish the experience. If you are deployed, or if a loved one is, be proud of the privilege to serve, as we are so very proud of you.

Cynthia and I wish you a happiest of holidays. This Thanksgiving Day and every day, give thanks for your family, your friends and your many good fortunes. As Americans, we are truly blessed.

## D-M enforces base housing Christmas light guidelines

By Staff Sgt. Shanda De Anda  
355th Wing Public Affairs

Although Christmas lights can not be displayed in on-base housing until Dec. 1, members of the Davis-Monthan Air Force Base community may already be formulating their plan of attack for Christmas Holiday 2002 decorating challenges.

Christmas lighting, if the proper precautions are not observed, can have devastating repercussions. Although most information provided will be mandatory for D-M on-base residents, the information could help everyone in the community who plans to display Christmas lights in celebra-

tion of the holiday season.

When selecting lights for inside or outside use, ensure that they have been tested and approved by a nationally recognized testing laboratory. Outside lights must be tested and approved for outside use. Once the lights are purchased to meet individual needs, the challenge of putting them in the right location begins.

D-M restrictions prohibit displaying lights on chain link fences, rooftops or carports. Also, nails and staples are not permitted for securing lights to fascia, eaves covering or stucco walls. Keep string lights at least six inches away from

See **Lights**, Page 4



Staff Sgt. Lanie McNeal

### Think; don't drink before you drive

The car and dummy (above) were part of a display used to remind people of the dangers of drinking and driving at the first underage Drinking Task Force Safety Day Car and Bike Show held at D-M Friday. 355th Services Squadron teamed up with Mother's Against Drunk Driving to sponsor the event. More than \$220 was raised for MADD.

## Happy holidays

The Desert Airman staff wishes the Davis-Monthan community a safe and happy Thanksgiving. Our deployed personnel and their families are in our thoughts and prayers. For information on how to prepare a toxin-free turkey, see Page 14.



# Roche, Jumper offers Air Force holiday message



**Dr. James Roche**

each citizen in our democracy has much to be grateful for — our way of life built on freedom and liberty.

“With these numerous blessings comes an equally great responsibility; the responsibility to serve a cause greater than self — to serve as freedom’s champion and to stand firm against terror and aggression. As airmen, our efforts in support of the global war on terrorism serve as a rallying point for freedom-loving people everywhere.

The following is a Thanksgiving Day message from Dr. James Roche, secretary of the Air Force, and Gen. John Jumper, Air Force chief of staff:

“Thanksgiving is a time when Americans pause to reflect on our nation’s abundant blessings. Indeed,

Whether this Thanksgiving finds you at home station or deployed to a distant corner of the world, know that your service is tremendously meaningful and appreciated.

“We send our heartfelt thanks to the entire total force of active-duty, guard, reserve and civilian airmen who perform magnificently each and every day. Your commitment and dedication

ensure the United States Air Force remains the world’s premier Air and Space Force, and your contributions to our nation’s joint operations provide great comfort to those who value freedom around the world. On behalf of a very grateful nation, thank you for your service.

“Have a safe and happy Thanksgiving.”  
(Courtesy of Air Force Print News)



**Gen. John Jumper**



**Col. Paul Schafer**  
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to **contact the agency chief or functional managers listed here**. Still no solution? The Commander’s Corner phone line is 228-4747.

An e-mail can also be sent to: [355th.Wing.CommandersCorner@dm.af.mil](mailto:355th.Wing.CommandersCorner@dm.af.mil).

**Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone.** We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

## Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-4964	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584

## Davis-Monthan Unit Public Affairs Representatives

Unit Public Affairs Representatives are the “eyes and ears” of the 355th Wing Public Affairs office. Each squadron has unique individuals that have interesting stories to tell, whether it is about sports, awards, lifesaving acts, IDEA program contributions, etc.

Stories also include units making improvements to the methods or processes that they use or to squadron facilities or community areas via self help projects. UPARs are responsible for getting the information to PA in a usable format and in a timely manner.

The PA staff focuses on issues that effect the base populace in general and UPARs judge the input for newsworthiness or unique human interest appeal before forwarding it to the PA staff.

### Public Affairs utilizes UPARs to better tell a squadron’s story. UPAR responsibilities include:

- ◆ Provide news ideas as well as write and shoot photos of squadron activities for submission to the base newspaper;
- ◆ Review and solicit Hometown News Release submissions;
- ◆ Review squadron submissions to the base marquee and Commander’s Access Channel (COX Communications Channel 75)
- ◆ Seek volunteers for tours and speaking engagements

### D-M Unit Public Affairs Representatives

AMARC  
Terry Vanden-Heuvel.....228-8448

<b>12th Air Force</b>	
Capt. Karin McWhorter.....	228-3829
Tech. Sgt. Karin Wickwire.....	228-6053
<b>25th Operational Weather Squadron</b>	
Staff Sgt. Sean Shuman.....	228-1977
<b>41st Electronic Combat Squadron</b>	
Senior Airman Samuel Storicks.....	228-9751
Airman 1st Class Robert Young.....	228-9757
<b>43rd Electronic Combat Squadron</b>	
2nd Lt. Donald Bugg.....	228-9926
<b>362nd Training Squadron</b>	
Staff Sgt. Kenneth Meyers.....	228-6130
<b>305th Rescue Squadron (AFRC)</b>	
Master Sgt. Minnie Jones.....	228-2160
<b>354th Fighter Squadron</b>	
Staff Sgt. Kaira Brown.....	228-4268
<b>355th Aerospace Medicine Squadron</b>	
Airman 1st Class Amy Rauch.....	228-5369
Airman 1st Class Danny Watton.....	228-5369
<b>355th Civil Engineer Squadron</b>	
Master Sgt. Karl Deutsch.....	228-6849
<b>355th Communications Squadron</b>	
2nd Lt. John Leary.....	228-1773
<b>355th Component Repair Squadron</b>	
1st Lt. Rodney Rodgers.....	228-3630

<b>355th Comptroller Squadron</b>	
Staff Sgt. Andrea Danford.....	228-7841
Airman Stacey Dougherty.....	228-5611
<b>355th Contracting Squadron</b>	
2nd Lt. Gayle Barajas.....	228-5476
<b>355th Dental Squadron</b>	
Tech. Sgt. Randy West.....	228-2654
<b>355th Equipment Maintenance Squadron</b>	
Capt. Sarah Maile.....	228-4184
Tech. Sgt. Darnetta Watkins.....	228-2279
<b>355th Logistic Support Squadron</b>	
Senior Airman Tiffany Hart.....	228-4319
<b>355th Medical Operations Squadron</b>	
Tech. Sgt. Carol Sligh.....	228-1543
<b>355th Medical Support Squadron</b>	
Senior Airman Nicholas Clisby.....	228-2870
Lt. Col. Denise Burton.....	228-2902
<b>355th Mission Support Group</b>	
1st Lt. Shamaar Bowlby.....	228-3446
Tech. Sgt. Willie Manalo.....	228-3445
<b>355th Mission Support Squadron</b>	
Staff Sgt. Lori Paris.....	228-1337
Airman 1st Class Nicole Brown.....	228-4425
<b>355th Operations Support Squadron</b>	

Capt. Carlos Diaz.....	228-5868
<b>355th Security Forces Squadron</b>	
Master Sgt. Eric Wilke.....	228-3708
<b>355th Services Squadron</b>	
Chris Sweeny.....	228-7352
Senior Airman Cheryl Rush.....	228-6628
<b>355th Supply Squadron</b>	
2nd Lt. Chandra Peek.....	228-3440
Airman 1st Class Vanessa Kyota.....	228-3440
<b>355th Training Squadron</b>	
Staff Sgt. Amanda Maxey.....	228-9456
<b>355th Transportation Squadron</b>	
Staff Sgt. Mellony Howe.....	228-3789
Airman 1st Class Tyrone Davis.....	228-3789
<b>355th Wing Staff</b>	
Master Sgt. Gregory Pleasant.....	228-4891
<b>357th Fighter Squadron</b>	
Master Sgt. Steve Foster.....	228-0545
<b>358th Fighter Squadron</b>	
Airman Misty Conaway.....	228-5070
<b>Detachment 3, ACC TRSS</b>	
Master Sgt. Otis Barnes.....	228-4508
<b>607th Air Control Squadron (Luke Air Force Base, Ariz.)</b>	
Senior Airman Shon Shearer.....	DSN 896-7215

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*Real heroes don't wear capes or masks.*

*Not all of them carry a gun or use a hose to extinguish fire.*

*Some of our heroes are here, attacking domestic violence as ...*

## D-M's FWP sponsors Brewster Center

By Cheryl Millner

12th Air Force

The Davis-Monthan Federal Women's Program along with the Southern Arizona Federal Women's Program Interagency Council sponsored the Brewster Center for the month of November.

The goals of the Brewster Center Domestic Violence Services, Inc. is to provide safety through shelter, education, advocacy, counseling and prevention for victims/survivors of domestic violence. They also work to take an active role in working toward the elimination of relationship violence within our Tucson community.

They provide food and shelter to battered women and children in crisis. Crisis counseling and support, advocacy, information and referral are offered to support anyone affected by domestic violence including women, men and children.

The SAFWPIC is comprised of all appointed Federal Women's Program Managers, EEO representatives or designated alternates from federal government agencies in southern Arizona.

The FWP strives to eliminate artificial barriers that impede the advancement of minorities and women and assure qualified women are recruited, hired and retained. They encourage qualified women to compete for professional jobs and to participate in training programs leading to advancement. One of their goals is to develop a strong relationship with the base community and develop a community network where they can identify potential or existing problems that impede the advancement of women.

The Brewster Center promotes and participates in domestic violence prevention and education activities and in research efforts aimed at reducing domestic violence. The Brewster Center believes in affirming and supporting the rights of women in all aspects of their lives, inclusive of culture, race, ethnicity, age and sexual orientation.

Two shelters are available from the Brewster Center for battered women and their children. Both shelters are available 24 hours a day, year-round including holidays. While in the shelter, women and children receive food, shelter, clothing and other basic necessities, as well as counseling in an environment that ensures their safety.

Low-cost housing options are provided to women and children who are rebuilding their lives after living with domestic violence.

Advocacy and counseling services are also available to families. Advocacy services include assistance dealing with the legal, health and social service systems. Counseling and advocacy are available five days a week. Appointments can be made to fit any schedule. Survivors of domestic violence may also receive support and education through the year-round support groups. Children's support groups and children's advocacy are also available.

Volunteers are welcome and may carry out a variety of tasks including crisis, advocacy, children's services and special projects.

The Brewster Center is located at 2801 E. Broadway Blvd. and the administration office can be reached at 320-7556.

The crisis shelter can be reached at 622-6347 or 746-1501 and the outreach advocacy is at 881-7201.

## News Notes

### Thrift Savings Plan

Civilian and military employees can sign up for, or change, current Thrift Savings Plan accounts during open season, which began Oct. 15 and ends Dec. 31.

In December, military members can contribute up to eight percent of their base pay for their retirement. Contribution allocations (how an employee chooses to invest their money) are made by calling the TSP automated ThriftLine at (504)255-8777 or on the TSP Web site at [www.tsp.gov](http://www.tsp.gov).

### Passes required for visitors

Davis-Monthan Air Force Base personnel are reminded that, regardless of the force condition level, all visitors to base 16 years of age or older need a pass. Passes can be obtained from the visitor's center Mondays through Fridays from 6 a.m. to 10 p.m. and Saturdays, Sundays and holidays from 7 a.m. to 10 p.m. For more information, call 228-3224.

### New PCS/NTS weight allowances

Beginning Jan. 1, orders issued for grades E-4 and below will have new weight allowances.

With dependents, E-1 through E-4, limit is 8,000 pounds. Without dependents, E-1 through E-3 limit is 5,000 pounds and E-4 without dependents limit is 7,000 pounds. For more information, call Master Sgt. Steven Riggs, 355th Transportation Squadron, at 228-0773 or Karenanne Beavers at 228-5579.

### Housing office closure

The D-M Housing Office will be closed Thursday and Friday in observance of the Thanksgiving Holiday and D-M's Family Day. For emergencies, call Housing Maintenance at 228-8600.

### Road closure

Seventh Street, between Ironwood and the dormitory construction site, will be closed Dec. 2 to all traffic other than security and fire. This is part of the Phase One dormitory project. Access to the parking lot south of Bldg. 3220 will be from Sixth Street.

### 355th MDG closure

The 355th Medical Group services close Wednesday at noon through Friday for the Thanksgiving Holiday and D-M Family Day. The clinic will resume regular weekend hours Saturday and Sunday. For more information, call Capt. Sarah Cuciti, 355th MDG, at 228-2908

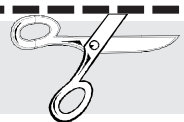
# 101

airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31. This information is current as of today.

Call AADD at

**850-2233**

10 p.m. to 5 a.m. Fridays and Saturdays and  
4 p.m. to midnight Sundays for a ride.



## Emergency Numbers

Ambulance.....911  
Casualty Assistance.....228-3686  
(After duty hours).....228-3121  
Duty Chaplain.....228-5411  
(After duty hours).....228-3517  
Fire Reporting.....911  
Public Affairs.....228-3204  
(After duty hours).....228-7400

Mortuary Officer.....228-5964 or 4414  
(After duty hours).....228-3121  
Command Post.....228-7400  
355th Security Forces Crime Stop..228-4444  
Safety.....228-5558  
(After duty hours).....909-0316  
Base locator.....228-3347  
TIPS Line.....228-TIPS (8477)

# Conference renews focus for combat Air Forces

By Lt. Col. Anthony Lazarski

Air Combat Command Commanders Action Group

The Combat Air Forces have a renewed focus and a coordinated sense of direction after a recent meeting of several top Air Force leaders.

General Hal M. Hornburg, the commander of Air Combat Command, hosted the 2002 Fall Combat Air Forces Commanders' Conference at Langley Air Force Base, Va., Nov. 4 to 8.

The conference theme, *Improving the CAF's Ability to Provide and Support Combat Forces*,

created the backdrop for briefings and discussions by Gen. Gregory Martin, commander, United States Air Forces in Europe, Gen. Hal Hornburg, commander, Air Combat Command, Gen. William Begert, commander, Pacific Air Forces Command, Gen. Donald Cook, commander, Air Education and Training Command, Gen. Lance Lord, commander, Air Force Space Command, Lt. Gen. Paul Hester, commander, Air Force Special Operations Command, Lt. Gen. James Sherrard, commander, Air Force Reserve Command, and Lt. Gen. Daniel James, commander of forces, National Guard Bureau.

"The CAF has never been more unified," stated Hornburg in his opening remarks.

"There is no distance between us in our future programming priorities or the direction we are taking to develop and nurture airmen, preparing to deploy, or preparing to fight."

The conference provided a venue for senior leaders to discuss current and future issues affecting force structure, funding, warfighting doctrine, command relationships and topics central to the future of the US Air Force's com

See **Focus**, Page 5

## AETC delivers safety message for Thanksgiving weekend

Arizona highways will be busier than usual this weekend as travelers take advantage of the Thanksgiving Holiday. Because of the increased traffic, motorists should take extra caution while traveling. Speed limits and other traffic laws should be closely followed. All drivers should check over their vehicles before they leave home to make sure they're in good running condition.

### Check It Out

Before you turn the key, make sure your car will get you there. That means check all fluid levels, change the oil if it's due, clean the car's windshield, windows and headlights, make sure your lights and directionals are working properly, check the tire tread and air pressure, and if you've been experiencing a mechanical problem that has been easy to ignore lately, now is the time to have it fixed.

### Know Where You're Going

We've all witnessed the car on the highway that heads off to exit, then veers back into traffic and then cuts back again to exit - wrecking havoc in it's wake. Or, the driver that backs a half-mile off of the highway ramp because he made a wrong

turn. Those reckless driving maneuvers can often be avoided by following two simple principles: 1) know how to get where you're going before you leave, and 2) if you do make a wrong turn, just keep going. More often than not, you can return to the correct road pretty quickly and do it without endangering others and risking a ticket

### Calm Down

Driving, whether in city traffic or lazy country roads can be stressful. Other drivers, road conditions and road rage can all drive you to distraction. The best advice is: no matter what others do - stay calm. If you remain calm and cool, your chance of safely getting out of the way of a difficult situation increases greatly. When encountering a tail-gaiter, someone cutting you off, a car swerving in towards you from the side or the vulgar gesture — remain focused on maintaining a buffer of safety between your car and the events around it. Respond only to the traffic action not the hostility or stupidity that might be behind the action.

### Sleep

If you are taking a long driving

trip, sleep can be your best defensive driving weapon. Long hours behind the wheel, particularly at night, make you drowsy, less alert to danger and increase your response time. Don't push it. Take a nap, drink some coffee, but when you feel tired - call it a night and get a hotel or motel room. Your holiday will be more enjoyable and safer if you take it a little slower and easier.

### Accidents Do Happen

Even the best drivers can get unlucky behind the wheel. Know what to do if you have an accident:

- ◆ Stay at the scene until police arrive.
- ◆ Make sure you, your passengers and all others involved are safe.
- ◆ Exchange driver and car insurance information.
- ◆ Do not speak or admit fault about the accident to anyone except your insurance company or a police officer.

### Cash and Carry

Although most stores and garages today take credit cards, it's still advisable to have some cash on hand for emergency tows and tire changing. And, when it comes to emergencies, always keep a well-

stocked emergency kit for you and your car.

Your first aid kit should minimally include bandages, tape, wash and dry cloth and a topical antiseptic. And, for your motoring needs your car kit should minimally include oil, antifreeze, transmission and brake fluids, basic tools, signal flare, bright cloth to tie around the antenna or door handle if disabled, flashlight (with fully charged batteries) and duct tape.

### Don't rush

People sometimes drive faster on holidays because the time is considered so valuable to them. But each year thousands of motorists make that mistake in their priorities - with fatal results. They are the ones that speed and crash and die each year on America's highways, all in an effort to get there a little quicker. They put getting there a few minutes earlier over getting there at all.

### Drinking and Not Driving

Holidays are a time to kick back, relax and enjoy yourself. But, drinking and driving don't mix — period! (Courtesy of Air Education and Training Command)

## Lights

Continued from Page 1

windows if your home has solar shield glass tinting. Imitation frost, snow and other decorative material are also prohibited on the solar film of these windows.

"Outside lights should be

used sparingly," said Ruby Modica, 355th Civil Engineer Squadron housing manager. "Excessive light displays could negatively impact the overall electricity use at D-M."

After all the lights are in place the final step arrives; the lighting of the lights. Before applying, power make sure that wall outlets and extension cords are not

overloaded. Do not connect more than three strands together and use a surge protector. Exterior electrical connectors need to be kept above ground and out of water, and exterior extension cords should be waterproof. Exterior lights may be turned on after dark, but all lights should be turned off by 11 p.m.

The Christmas tree,

which often receives the honor of being the centerpiece of holiday decorating, requires particular attention, especially if a living tree is used.

To help reduce fire hazard, keep live trees well watered. Other interior holiday decorations, such as ornaments, should be nonflammable.

Until lights, which must

be removed by Jan. 10 on base, and decorations are taken down, extra care should be taken when no one is at home. Safety precautions to observe when lights are left unattended include unplugging all indoor lights and turning off ceiling fans.

If you have any questions, please call Modica at 228-4264.



**“It was reassuring to see that it's not only lower ranking people that sometime need someone to steer them toward the correct path ...”**

— Senior Airman Troy Hawkes  
355th Wing Public Affairs

## Airman shadows base commander

By Senior Airman Troy Hawkes  
355th Wing Public Affairs

I was recently afforded the opportunity to “shadow” the wing commander, Col. Paul Schafer, for a day.

As a third-party observer to the workings of the higher management echelon of the Air Force, I must say that I am impressed. The day was very hectic. Meeting followed meeting, and conference followed conference.

The commander is called upon every day to make decisions that

prior to “shadowing,” I couldn’t even grasp the complexity of. Multi-million dollar projects get approved or get the proverbial axe with simply a few swoops of his pen.

Between the seemingly endless meetings, visitors were consistently coming and going. They sought guidance and direction from Col. Schafer. It was reassuring to see that it’s not only low-ranking people that sometime need someone to steer them toward the correct path, but all ranks.

Scarcely an hour went by without an unscheduled interruption that took more time away from the commander’s already compacted schedule.

All things considered, I thought the day was very enlightening and educational.

I would recommend participating in this program to any individual who has the opportunity come their way. It is an excellent way to gain insight about the way upper management operates and how that management affects every Air Force member.

## Focus

Continued from Page 4

bat elements.

Each CAF command will examine how they conduct training ... from small wing exercises to large force flag deployments. The focal point of these exercises will be the employment of air and space forces with the seamless integration of kinetic and non-kinetic capabilities

to achieve the desired effects on the battlefield.

Commanders were asked to take a strategic look at how the CAF conducts combat operations worldwide. They were also charged to improve the science of control which enables the art of command and to eliminate obstructions to the full use of air, space and electronic mediums required to conduct combat operations.

In summary, senior CAF leaders will move forward over the next six months and focus on several issues to include providing fully inte-

grated command and control and information operations and transforming how we support combatant commanders with persistent air and space forces.

Hornburg concluded the conference by re-emphasizing the importance of sustaining what we have, improving what we can and investing in our people.

The next meeting of the CAF commanders will take place at the 2003 Spring CAF and Mobility Air Forces (MAF) Commanders’ Conference at Ramstein Air Base, Germany.

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**\$44.95** Most cars  
Expires 12-20-02

**BRAKEmax**  
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**BRAKEmax**  
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**\$79.95** Most cars  
Covers most import and domestic cars.  
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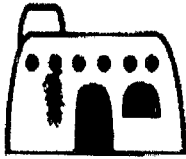
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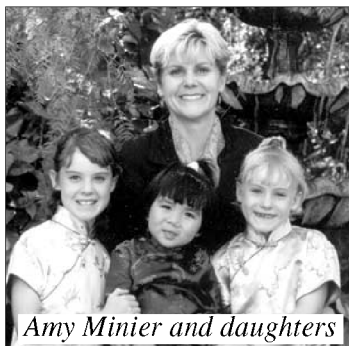
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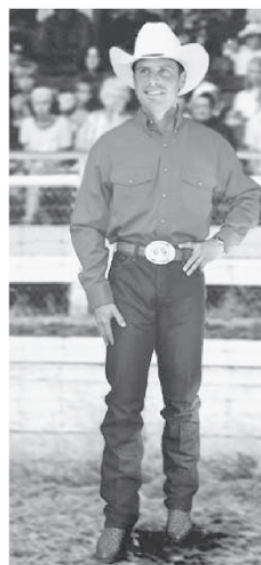


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# TMO to face major change 2003

*D-M one of seven AF bases to regionalize under JPPSO*

**By Karenanne Beavers**  
355th Transportation Squadron

Davis-Monthan will be one of seven Air Force bases in the Southwest United States to experience major change to traffic management offices in 2003.

April 1 marks the date the 355th Transportation Squadron, TMO will be regionalized under the Joint Personal Property Shipping Office, Colorado Springs.

The traffic management office will join eight other bases already on the program.

Regionalization is an Air Force initiative to improve customer service and encompass all bases.

After April 1, customers looking for TMO will find the Personal Property Processing Office, which will be responsible for all inbound and outbound shipments. Storage functions will be transferred to

JPPSO-COS. Here, TMO will still be doing all counseling for outbound, do-it-yourself and quality control functions.

"Implementation of this plan will improve the quality of service that our members receive," said Willie Jordan, 355th TRANS traffic management officer.

Some of the changes D-M customers will notice fall under the following categories.

## Inbound personnel

TMO will be able to confirm if shipments have arrived, but will not be able to set them up for delivery. Customers will be given a toll-free number for JPPSO-COS to make arrangements for delivery.

## Outbound personnel

TMO will be responsible for counseling and necessary documentation. All paperwork will then be sent to JPPSO-COS for booking.

"We are required by Department of Defense to inspect fifty percent of all shipments," said Jordan.

**"W**e are required ... to inspect fifty percent of all shipments. Under this new program, the inspection rate will be raised to eighty percent."

— Willie Jordan  
355th Transportation Squadron

"Under this new program the inspection rate will be raised to eighty percent. With the increased inspection rate, we will focus on providing on-the-spot corrective actions if needed, on-site counseling and ensuring you are prepared for your move."

TMO will focus on counseling members, offering increased entitlement knowledge, thoroughly explaining move options and preparing customers for the best possible move.

"A successful move isn't a matter of chance," said Jordan. "It's the result of planning and hard work on your part. The earlier you provide information to the traffic management office, the better your chances are of moving on the desired dates."

TMO recommends coordinating a move at least 30 days in advance for positive results. One of the most important items needed is the date of move.

Under the new system it will be much harder to change your move date once it has been established. JPPSO-COS will only change a date once it has been booked for reasons such as military obligations or a medical emergency. TMO recommends that members start thinking about two sets of dates. For more information, call TMO at 228-5579 or 228-4818 ext. 201.



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# Holiday message

## Time to reflect, support our deployed families, have a safe holiday season

By Col. Paul Schafer  
355th Wing Commander

As we enter this special time of year, I would like to wish everyone a memorable and safe holiday season. This is an occasion to reflect on this year's accomplishments, count our blessings, and look toward the future and the promise of a new year.

Davis-Monthan Air Force Base

has accomplished a great deal over the past year. We deployed numerous people supporting the war on terror, enforcing the no-fly zones and continuing our commitments around the world. We sent our Compass Call aircraft and personnel to the Middle East to support Operation Enduring Freedom. D-M is the lead wing during the current Air and Space Expeditionary Forces deployment, with almost

1,000 personnel at 41 locations. Oct. 1, we completely transformed our wing into a new standard wing organization allowing our commanders to focus on their specific core competency. In addition, we deactivated the 42nd Airborne Command and Control Squadron and transferred the 41st and 43rd Electronic Combat Squadrons to the 55th Wing. None of this could have happened without the dedication, hard work and sacrifice of each and everyone one of you. This includes the tremendous support we all received from our families and the Tucson community.

Recent world events remind

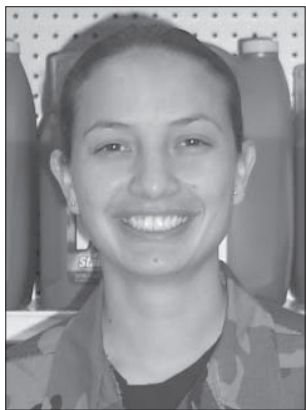
us how fragile peace and freedom truly are. Let's not forget the importance of taking care of the families of our deployed people. Keep them informed of the many services D-M provides. Make them a part of unit functions and do what you can to help them through the challenges of being separated from their loved ones

Each and every one of us is vital to the success of our mission. With this in mind, make safety a top priority, both on- and off-duty. There has been a disturbing trend in past months with increasing mishap rates. I

See **Holiday**, Page 9

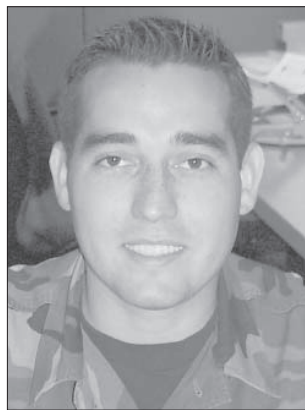
## Final Answer

## What are you thankful for this year?



**Senior Airman  
Jana Klopfenstein**  
355th Mission  
Support Squadron

*"I'm thankful for having such a wonderful family, especially my mommy and daddy."*



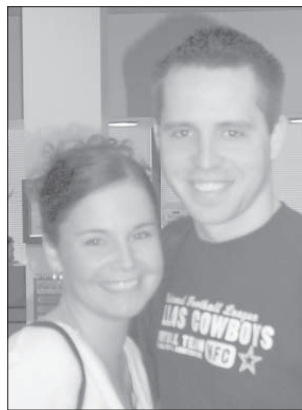
**Airman 1st Class  
Nick Hines**  
355th Dental Squadron

*"I am thankful for the good friends I've made and the great opportunities the Air Force has given me."*



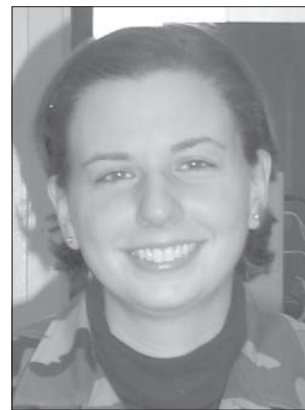
**Airman 1st Class  
Cylie Lajoie**  
355th Medical  
Support Squadron

*"I am thankful for the lord Jesus Christ, my health and my family."*



**Stephanie and  
Senior Airman  
Jimmy Taylor**  
355th Equipment  
Maintenance Squadron

*"We're thankful that our cats made it here in one piece. We just shipped them from Germany."*



**Airman 1st Class  
Catherine Brandon**  
25th Operational  
Weather Squadron

*"My supportive family and friends and our freedom."*



**Retired Tech. Sgt.  
Michael Monz**

*"I'm thankful for a whole lot of things, but the most significant is the fact that I'm gainfully employed."*

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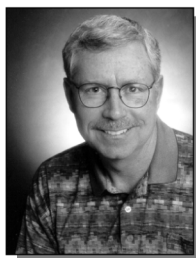
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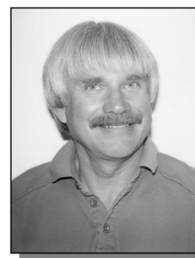
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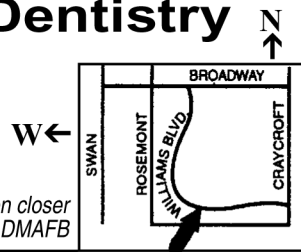
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Photos Senior Airman Latonia Brown



## Holiday

Continued from Page 8

am asking for a personal pledge from each of you to be alert, look after each other and do everything you can to help us get through the holidays and begin the new year without mishap.

Take time to remind family, friends and loved ones how important their support is to all of us. Also, keep our deployed airmen and their families, foremost in your thoughts and prayers. Have a memorable and safe holiday season. I'm proud to have each and every one of you as a member of Team D-M and look forward to another great year in 2003.

*This holiday and all season keep safety first. (Upper left) Staff Sgt. Richard Mercado, 355th communications Squadron, checks the oil level in his car. Ensure vehicles receive safety checks prior to long road trips. (Above) Mercado securely fastens his seatbelt prior to operating his vehicle. Seatbelt usage is mandatory for all military members and has proven to save lives during vehicular accidents.*

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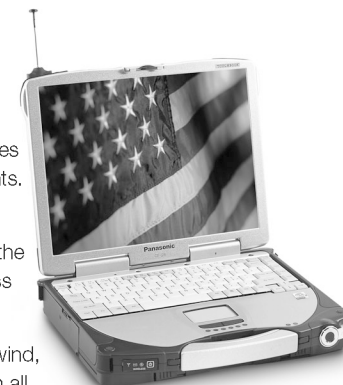
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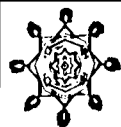
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## Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

**Name:** Staff Sgt. Nancy Schumacher

**Organization:** Detachment 2, 67th Information Operations Group

**Duty title:** Signals intelligence analyst

**Hometown:** Lemoore, Calif.

**Years of service:** Four

**Reason for joining the Air Force:** I joined the Air Force because I wanted the experience.

**Main responsibilities:** My main responsibilities include working with compass call aircraft.

**Best aspects of job:** The best aspect of the job is learning about other countries.

**Goals:** My goals are to become an early child education specialist.

**Hobbies/outside activities:** My hobbies include completing college, reading, hiking, sewing and playing video games with my husband.

**Favorite thing about D-M:** The thing that I like best about Davis-Monthan is the quiet atmosphere.

**Best assignment:** Royal Air Force Mildenhall because of the high job tempo and ability to do a job that I would not have been able to do as an airman here in the continental United States.

**Inspiration:** My main inspiration is my husband. I admire him for being able to make me smile when I am not having a good day and his ability to make me see the other side of my problems.



Staff Sgt. Russell Wicke



Staff Sgt. Russell Wicke

### Giving thanks together

Airman 1st Class Kimhann Pol, 355th Component Maintenance Squadron, places two cans in a Thanksgiving care box while Airman 1st Class Arej Zeitouni, 355th Aerospace Medical Squadron, carries a

box of goods in the background during the assemble of more than 180 Thanksgiving care boxes Friday for airmen in the 355th Wing in need of assistance for the holidays. Money for resources came from the enlisted top 3, officers, family support and different squadron funds.

## D-M Mentorship Memos

### Davis-Monthan AADD

Airmen Against Drunk Driving is a volunteer opportunity to provide peer support, education, awareness and an alternative to driving under the influence in an attempt to stop airmen from drinking and driving. AADD provides a free and anonymous telephone hotline available to all airmen (includes all ranks). Rides are provided from outside the establishment to an individual's residence. AADD provides this service Fridays, Saturdays and holidays from 10 p.m. to 5 a.m., and Sundays from 4 p.m. to

midnight. For more information on volunteering for the D-M AADD program, email Airman 1st Class Nicholas Samaras at [DMAFB.AADD@dm.af.mil](mailto:DMAFB.AADD@dm.af.mil) or call 228-3201.

### Moppets coordinator

Volunteers are needed as soon as possible. Responsibilities include preparing curriculum and children's crafts. Volunteers also need to provide child care. Available positions are for the second Thursday of each month through May 2003. For more information, call Barb at 790-7065.

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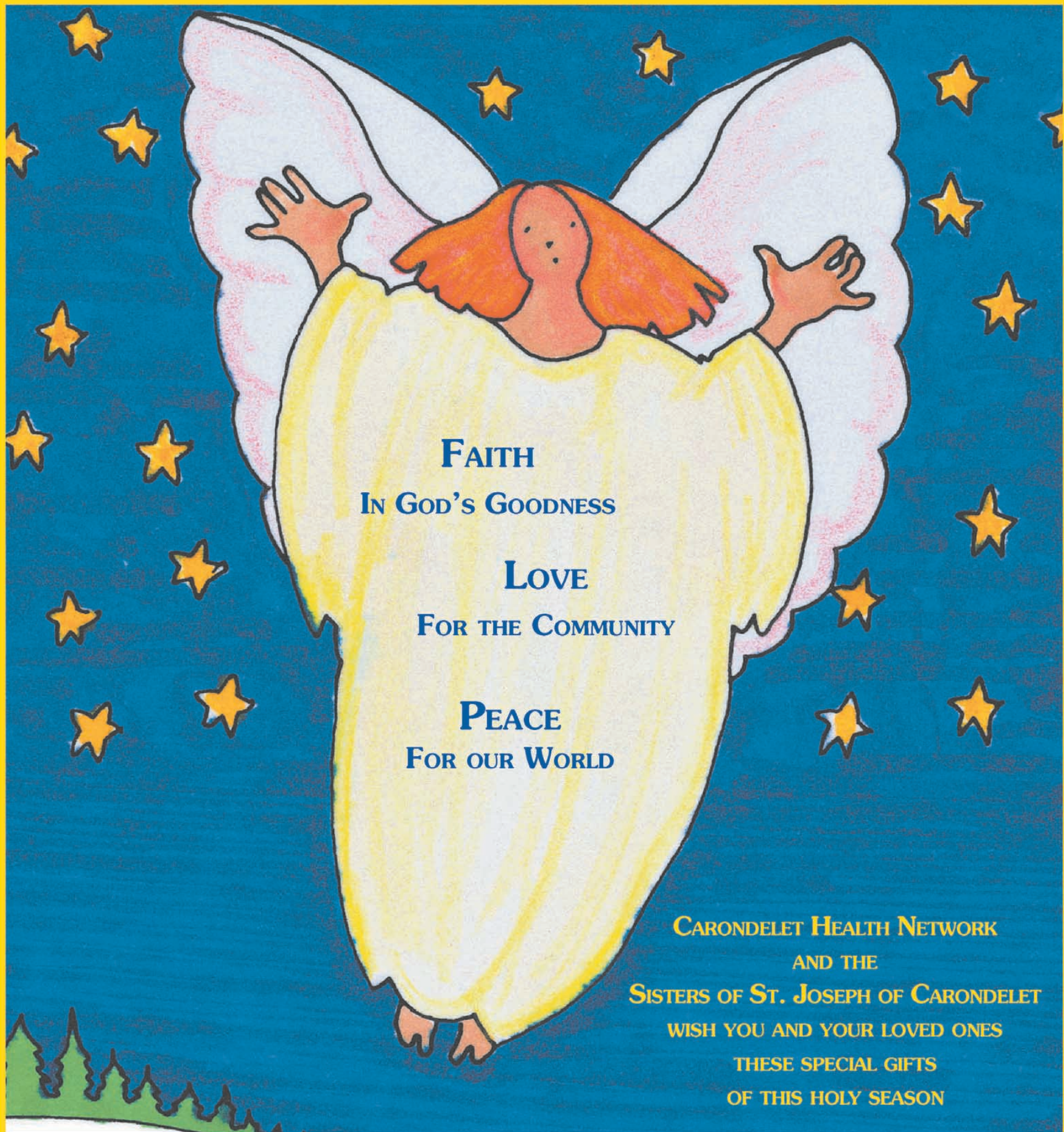
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# 30 signs you are a bad airman

1. You think CDC stands for Complete in a Decade Course
2. You consider the Government Visa an early-out program.
3. Your commander's doormat has your name sewn under "Welcome".
4. Your reason for showing up late is that Mickey Mouse's hands looked about the same length.
5. You affectionately refer to your BDUs as pajamas.
6. The words Volume One are written on your unfavorable information file at the military personnel flight.
7. Your reporting official calls the legal office for help in writing your enlisted performance report.
8. You think the recall roster is more difficult than the periodic table of elements in chemistry.
9. Security forces has a code name for your dorm room.
10. Your case file is used Air Force wide to train first sergeants and commanders.
11. You've been promoted six times and you're still a senior airman.
12. Jerry Springer won't have your type on his show.
13. When other people on base get in trouble, they compare their case to yours to receive lighter punishment.
14. Your stripes are held on with Velcro to save time and eliminate that nasty halo effect.
15. You've been the squadron's lowest ranking airman on four separate occasions during the past three years.
16. If you've been good for the whole month, your supervisor and first sergeant get a three-day pass.
17. Your goal is to one day attend the prestigious Airman Leadership School, provided you stay in the service long enough.
18. You're hoping to get a basic Good Conduct medal as a going-away present, even if it is only a gag gift.
19. Your unit tried to trade you for a barbecue grill until the legal office got involved.
20. You're ecstatic because you haven't heard any rumors lately better than the one about you.
21. Your flight chief issues you a signature stamp for your upcoming Article 15's.
22. Basic Military Training School is considering using you as a guest speaker to scare recruits straight.
23. The legal office uses you as a benchmark for discharge actions.
24. You know more about completing Article-15 paperwork than your first sergeant.
25. You have reserved parking at the correctional custody facility.
26. You're concerned the excessive white space on your referral enlisted performance report might hurt your promotion opportunity.
27. You carry extra certified true finger-print copies to speed-up processing.
28. You call your first sergeant late at night so often you can carry on a conversation with his wife or kids until he is available to come to the phone.
29. You consider new commanders a short-term problem.
30. Air Force Aide won't return your calls.

(Editor's note: "The Lighter Side" is a forum for all D-M members to submit original, previously unpublished Department of Defense, Air Force, 355th Wing and D-M comics, cartoons, photographs and humorous military stories and quotes. Stories must be 100 words or less. Contributions for "The Lighter Side" can be made directly to the 355th Wing Public Affairs Office through e-mail to [desert.airman@dm.af.mil](mailto:desert.airman@dm.af.mil). The editor can be reached directly at 228-5714.)

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# Toxin-free turkey makes for a great Thanksgiving

## Tips offered for properly finishing your bird so you can start your meal off right

By Stephanie Ritter  
355th Wing Public Affairs

The table is set; the candles are lit; the house is filled with family, friends and the rich smells of mashed potatoes, pumpkin pie and homemade rolls. But before you place the juicy, golden brown entrée in the center of the table, make sure you are serving your guests a turkey filled only with stuffing and not a toxin that can leave them ill and ruin a perfect Thanksgiving celebration.

Every year, members of the Davis-Monthan community report illnesses around the holiday season that can be traced to food-borne toxins. To avoid spending Thanksgiving in the bathroom; or worse yet, at the hospital, follow the tips below on how to make a tasty, toxin-free turkey.

### What to buy

A great deal goes into properly preparing a turkey. First, you have to determine if you are going to buy a frozen or fresh bird. For a fresh turkey, purchase it one to two days before it is to be served and refrigerate immediately at 40 degrees or below. For a frozen turkey, ensure that it is frozen throughout and keep frozen until ready to cook. Turkeys can safely be frozen at zero degrees fahrenheit for up to one year.

Because turkey leftovers can last in the refrigerator for only three to four days, people should pay attention to the size of bird they purchase. "To avoid a large amount of leftovers, estimate about one pound per person when buying a turkey," said Airman 1st Class Carla Harrell, 355th Aerospace Medical Squadron public health apprentice. "If the turkey is pre-stuffed, then estimate one and a fourth pound per person." While cooked turkey can last for a month or longer in the freezer if properly wrapped, gravy and stuffing should be used within two days.

### Proper thawing procedures

There are two ways to safely thaw a frozen turkey, in the refrigerator or in cold water. A turkey should never be thawed at room temperature because it will thaw on the outside before the inside thaws, which places it in the danger zone for bacterial growth.

"When thawing in the refrigerator, allow 24 hours for every five pounds of weight," said Harrell. This ensures the bird is thoroughly defrosted. Make sure to place the bird on a tray or in a pan to catch moisture that accumulates as it thaws.

To thaw the turkey in cold water, make sure that it is in a plastic bag to reduce the spread of harmful bacteria. The bag should not have any holes. The turkey needs to be submerged in ice-cold water that should be changed every 30 minutes to ensure the external temperature does not exceed 41 degrees fahrenheit.

According to Harrell, proper thawing time in cold water takes at least one hour for every two pounds of weight.

### Preparation

After the turkey is fully thawed, it should be cleaned in cold water and drained.

All items that come in contact with a raw turkey (hands, counter tops, utensils) need to be washed to prevent the spread of bacteria.

The best way to prevent food contamination is with frequent hand washing. "Wash hands frequently with warm soapy water," said Harrell.

Stuff the turkey just before cooking. Make sure that it is not overstuffed as that will keep the food from cooking thoroughly.

### Cooking

When cooking the turkey, make sure the oven is 325 degrees or above. Low temperatures allow the meat to remain too long in the danger zone and won't allow for adequate killing of dangerous bacteria.

Cooking times can vary for a turkey.

"Even if the turkey has a pop-up thermometer, it is still a good idea to use a meat thermometer," Harrell added.

The turkey is done when the internal temperature reaches 180 to 185 degrees.

Thorough cooking of a turkey can also be detected by inserting a fork into the thickest area of the inner thigh. Juices from the bird should run clear, not pink, and the legs should wiggle in their sockets.

### Serving

"People should avoid adding raw or contaminated items to food that receives no further cooking," warned Harrell. When serving a feast, remember to keep hot foods hot, at or above 140 degrees, and cold foods cold, at or below 40 degrees.

After the meal, and within two hours of removing the turkey from the oven, cut all the meat off the bones and refrigerate or freeze. Handling the cooked food incorrectly can still result in food poisoning. Leftovers need to be reheated to 165 degrees or above.

Remember these food safety methods, especially the importance of frequent hand washing, for a happy and healthy Thanksgiving and holiday season. For more information about food safety and sanitation, visit the D-M public health Web site at <https://mdg.dm.af.mil/PublicHealth/Home1.htm>.



Courtesy photo

(Center) Col. Paul Schafer, 355th Wing commander, serves turkey at the Desert Inn Dining Facility Thanksgiving Day 2001. Schafer will be serving turkey again at the dining facility Thursday along with Col. Marvin Hershey, 355th Wing vice commander. Davis-Monthan active-duty and family members, retirees and their families and the families of deployed personnel are invited to attend. Lunch is served from 11 a.m. to 2 p.m. and dinner is served from 3 to 5 p.m.



## Fitness Center Classes

The following is a list of classes offered at both fitness centers. Instructor name (if known) is in parentheses. Class fee is listed if applicable. Other classes are free.

**Monday**

9 to 9:45 a.m. – Water Aerobics – Low Intensity (Oralia) - \$2 – New FC  
10:30 to 11:30 a.m. – Body Sculpting (Jaiann) - \$2 – New FC  
11 to 11:45 a.m. – Water Aerobics – Medium/High Intensity – (Cor) – New FC  
11 a.m. to Noon – Step Aerobics (Rumiko) – Haeffner Fitness and Sports Center  
Noon to 1 p.m. – Spinning (Cor) – Haeffner  
5 to 6 p.m. – Step Aerobics (Rumiko) – Haeffner  
5:30 to 6:30 p.m. – Dang Soo Do (8-14 yr olds) – New FC  
6:15 to 7 p.m. - Water Aerobics (Amy) - New FC  
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

**Tuesday**

8:30 to 9:30 a.m. – Senior/Low Impact Aerobics (Oralia) – \$2 - New FC  
8:30 to 9:15 a.m. – Water Aerobics – Low Intensity (Cor) - \$2 – New FC  
10 to 11 a.m. – Kickin’ Aerobics (Sarah) - \$2 – New FC  
11 a.m. to Noon – High/Low Impact Aerobics (Rumiko) - \$2 – New FC  
Noon to 1 p.m. – Circuit Training (Cor) – Haeffner  
5 to 5:45 p.m. – Dang Soo Do (4-7 year olds) – New FC  
6 to 8 p.m. - Kyokushin – \$25 per month - New FC  
6:15 to 7 p.m. – Water Aerobics (Amy) - \$2 – New FC

**Wednesday**

9 to 9:45 a.m. – Water Aerobics – Low Intensity (Oralia) - \$2 – New FC  
11 to 11:45 a.m. – Water Aerobics – Medium/High Intensity – (Cor) – New FC  
11 a.m. to noon – Pilates (Sarah) - \$2 - New FC  
11:30 a.m. to 12:30 p.m. – Step Aerobics (Rumiko) – Haeffner  
Noon to 1 p.m. – Glutz and Guts (Sarah) - \$2 – New FC  
5 to 6 p.m. – Step Aerobics (Cor) – Haeffner  
5:30 to 6:30 p.m. – Dang Soo Do (8-14 yr olds) – New FC  
6:15 to 7 p.m. – Water Aerobics (Lifeguards) – New FC  
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

**Thursday**

8:30 to 9:30 a.m. – Senior/Low Impact Aerobics (Oralia) – \$2 - New FC  
8:30 to 9:15 a.m. – Water Aerobics – Low Intensity (Cor) - \$2 – New FC  
10 to 11 a.m. – Kickin’ Aerobics (Sarah) - \$2 – New FC  
11 a.m. to Noon - Pilates (Sarah) - \$2 - New FC  
Noon to 1 p.m. – Circuit Training (Cor) – Haeffner  
5 to 5:45 p.m. – Dang Soo Do (4-7 year olds) – New FC  
6:15 to 7 p.m. – Water Aerobics (Cor) - New FC  
6 to 8 p.m. - Kyokushin – \$25 per month - New FC

**Friday**

8:30 to 9:15 a.m. – Water Aerobics – Low Intensity (Cor) - \$2 – New FC  
10:30 to 11:30 a.m. – Yoga/Body Sculpting (Jaiann) - \$2 – New FC  
11 to 11:45 a.m. – Water Aerobics – Medium/High Intensity (Cor) - \$2 – New FC  
Noon to 1 p.m. – Spinning (Cor) – Haeffner  
Noon to 1 p.m. – Step Aerobics (Rumiko) – New FC  
5 to 6:30 p.m. – Dang Soo Do (Children) – New FC  
6:15 to 7 p.m. - Water Aerobics (Cor) - New FC  
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

**Saturday**

10 to 11 a.m. - Step Aerobics (Rumiko) - \$2 - New FC  
11 a.m. to Noon – Pilates (Sarah) - \$2 – New FC  
11:30 a.m. to 12:15 p.m. – Water Aerobics (Cor)–New FC

**Reminder:** Active-duty members enrolled in the Fitness Improvement Program have priority in free aerobics classes (per AFI 34-266, para 3.4). Videos are available for check-out at the new fitness center for use in the aerobics room. For more information about fees and class charges, see the flyer at the fitness centers, or call 228-0021/0022.

## Sports Shorts

### Thanksgiving Day “Envelope Sale”

The first 50 golfers who play golf at the Blanchard Golf Course Thursday will receive an envelope with a discount coupon valued at five to 50 percent off their next pro shop purchase. Some lucky envelope holders will also be the instant winner of a pro shop item. For more information, call 228-3734.

### Bowling center fun

Karaoke Cosmic Bowl is every Friday and Saturday from 7 to 11 p.m. for only \$10. Mondays through Fridays, root on your favorite bowlers qualifying for a position to play in the Air Combat Command Championships to be held here Jan. 15 through 17. While at the center, enjoy one of their food specials or buy lunch and bowl two games for the price of one. The Pro Shop has 25 percent off selected shoes and balls all month. For more information, call 228-3461.

### Massage therapy

Massage therapy is available at the new fitness and sports center by appointment. All practitioners are licensed and certified massage therapists. Massage gift certificates are also available. According to the American Massage Therapy Association, some of the benefits of massage include: relief from tension headaches, reduced anxiety and stress, increased relaxation, increased flexibility, improved circulation, alleviation of muscle pain and improved immune system functioning. Massage is also a great addition to your workout routine by identifying problem areas before they develop into injuries by flushing out lactic acid that causes muscle stiffness and soreness,” said Joni Brennan-Hazlett, certified massage therapist. “Massage also speeds recovery and healing from exertion.” The types of massage now being provided are: sports, Swedish, deep tissue, positional release, trigger point therapy, Shiatsu, Reiki energy work, cranial sacral therapy and reflexology. Hours of operation are: Monday from 9 a.m. to noon; Tuesday from 8 a.m. to 1 p.m.; Thursday from 5:30 to 9 p.m.; and Saturday from 8 a.m. to noon. Additional hours will be added in the near future. Call 326-0243 to schedule an appointment.

### Golf course Christmas sale

The Blanchard Golf Course’s special Christmas Holiday Gift Certificate sale kicks off today. Buy a gift certificate from \$50 to \$200 and the pro shop will add an extra 10 percent to the certificate so your \$50 certificate is worth \$55. Also starting today, receive 25 percent off any red ticketed item in the pro shop. Sale ends Jan. 15. For more information, call 228-3734.

### Football Frenzy, Sunday NFL Ticket

Football Frenzy 2002 is really heating up at the club on Sundays. Catch up to four different games while enjoying drinks specials, snacks and prize drawings throughout the game.

### Monday Night Football

Football Frenzy and Monday Night Football are at the enlisted club’s Shock Wave Lounge. Doors open at 5 p.m. All ranks are welcome. There will be giveaways, football pools, prize drawings, half-time games and great Cabana Specials.

### Attention volleyball players

Anyone interested in participating on the base (men’s and women’s) varsity volleyball team is encouraged to stop by the new fitness center to sign up and get more information. The search is also on for a women’s coach. Coaches applications must be on an Air Force Form 303. Try-out and practice schedules will be announced once there are enough players signed up (or interested). For more information, call Jay Junsay at 228-0021 or 228-0022.

### Gymnastics program

The youth center offers gymnastics classes for ages 2 to 18 years Tuesdays and Wednesdays. Their instructor has more than 20 years of experience. For more information call 228-8383.

### All-you-can-eat pizza

The bowling center has “all you can eat” pizza every Thursday from 11 a.m. to 1 p.m. for \$4.95.

### New pool hours

The pool at the new fitness center has the following hours:  
Mondays-Fridays – 5:30 a.m. to 8 p.m.  
Saturdays – 8 a.m. to 5 p.m.  
Sundays – 9 a.m. to 5 p.m.  
For more information, call 228-0022.

### Tae Kwon Do classes

Tae Kwon Do classes are being offered at the youth center. Space is limited. For fees and other information call 228-8844.

### Fitness Center notes

The D-M Fitness and Sports Center will be closed Thursday to observe the Thanksgiving Day holiday; the Haeffner Fitness Center will be open from noon to 6 p.m. The D-M Fitness and Sports Center will open for holiday hours Nov. 29 from 9 a.m. to 7 p.m. ... Haeffner will be closed. Effective Dec. 2, adult swim lessons will be available Monday, Wednesday and Fridays at 10 a.m. and 5:30 p.m. The program will include six, half-hour sessions, limited to three people each. For reservations and information, call 228-0015.



## Scoreboard

### Flag Football

Monday/Wednesday  
(Standings current as of Nov. 15)

Team	W-L
CRS	6-0
41 ECS	3-0
43 ECS	5-1
MEDICS	5-1
SFS	4-1
CONTRACTING	2-3
362 RCS	2-4
CES	1-3
EMS #1	1-4
25 OWS	1-4
SUPPLY	1-5
EMS/AMMO	0-5

Tuesday/Thursday

(Standings current as of Nov. 15)

Team	W-L
SVS	6-1
COMM	5-2
ARMY	5-2
79 RQS	5-2
OSS	4-3
TRANS	3-4
612 ACOMS	2-6
358 FS	1-5
55 RQS	0-6

### Bowling

OWC  
(Week 8)

Team	W-L
Shoulda Been	48-16
Pin Heads	40-24
MSP	36-28
Raspberries	32-32
Alley Cats	32-32
Bag Ladies	29-35
Forget About It	27-37
High Game (Women): Mary Jo Davee, 179	
High Series (Women): Karen Liptak, 474	

Tuesday Early Risers

(Week 10)

Team	W-L
Bad Beavers	56-24
Sunflower Gals	53-27
Dream Catchers	48-32
Monarchs	42-38
Aggravation	42-38
Hit and Miss	42-39
Alley Kats	38-42
Wee Bee Bad	38-42
Alley Angels	30-50

High Game (Team): Sunflower Gals, 477  
High Game (Women): Freda Laichas, 202  
High Series (Team): Hit and Miss, 1324  
High Series (Women): Arlene Cook, 484

Phantom Mixed

(Week 7)

Team	W-L
So So's	37-19
Sangre Caliente	34-22
Alley Oops	32-24
Rat Pack	32-24
Hit Or Miss	30-26
Gutter Busters	30-26
The Cajuns	27-29

Intramural

(Week 10)

Team	W-L
CPTS/MSS	49-31
AMARC #1	48-32
TRS	48-32
12 AF #1	48-32
43 ECS	48-32
AMARC Woodmill	44-36
EMS/AMMO	40-40

CRS 40-40  
12 AF #2 40-40  
SVS #1 38-42  
25 OWS 38-42  
SVS #2 35-45  
MDG 24-56  
COMM 20-60  
High Game (Team): AMARC Woodmill, 1950  
High Game (Men): Earl Teer, 258  
High Game (Women): Michelle Jackson, 207  
High Series (Team): AMARC Woodmill, 2624  
High Series (Men): Bill Simonar, 626  
High Series (Women): Michelle Jackson, 527

Thursday Night

(Week 10)

Team	W-L
PC's	54-26
No Fear	50-30
Man On	48-32
Mission Impossible	46-34
Shaka	44-36
May-Bees	44-36
Caps and Cars	44-36
Four Seas	40-40
Hot Chili Peppers	38-42
PBJs	36-44

Strikes and Spares 32-48  
FUBAR 30-50  
Mickey's Mavericks 28-52  
Ice Breakers 26-54  
High Game (Team): Four Seas, 693  
High Game (Men): Les Claassen, 257  
High Game (Women): Fran Baird, 201  
High Series (Team): PCs, 2015  
High Series (Men): Les Claassen, 631  
High Series (Women): Fran Baird, 539

CE Mixed Trio

(Week of Nov. 7)

Team	W-L
Good, Bad & Ugly	25-11
The Cans	21-15
Brew Crew	19-19
BJs Bunns	18.5-17.5
Cruisers	17-19
Sigma Five	15-21
Just-4-Fun	15-21
Powerball	13.15-22.5

DMAFB Pee Wee

(Week 10)

Team	W-L
Pee Wee #2	15.5-14.5
Pee Wee #1	14.5-15.5
High Game (Boy): Cam, 99	
High Game (Girl): Alyssa, 84	

High Series (Boy): Cam, 183  
High Series (Girl): Hope, 164

DMAFB Bantams

(Week 10)

Team	W-L
Tigers of Terror	24-16
X-Bowls	23-17
Tuxedos	18.5-21.5
The Good Team	14.5-25.5

DMAFB Preps

(Week 10)

Team	W-L
3 Righteys and a Lefty	30-10
Pin Busters	19.5-20.5
Strikers Five	16-24
Double Trouble	14.5-25.5

DMAFB Juniors/Majors

(Week 10)

Team	W-L
Hit'Em Up Boyz	29-11
One Pin Too Short	23-17
Fireballs	23-17
Desert Strikers	21.5-18.5
The Roadrunners	16.5-23.5
Vacant Team	16.5-23.5
There's Been A Mistake	15.5-24.5
Brunswick Bruins	15-25



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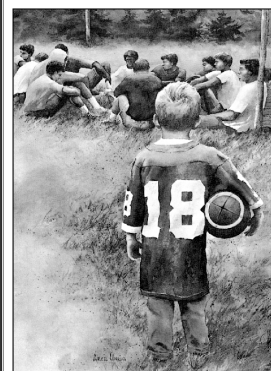
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## FELLOWSHIP OF CHRISTIAN ATHLETES



**"Hoping the guys would invite me to play... and they did!"**

This photo was taken in the 1960's at an FCA Camp in Black Mountain, North Carolina, of four-year-old David Dean who is now a college coach influencing young people as he was influenced.



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That's what author Bridget Barnes believes parents who use the techniques and skills explained in the new book, *Common Sense Parenting of Toddlers and Preschoolers*, can gain. Those skills have been taught to parents of 2 to 5 year-olds in workshops offered by Girls and Boys Town since 1996 and are now available to any parent through the book just published by Boys Town Press.

When a parent realizes that "I can correct my child, he or she may get upset with me, but the child is still going to love me," the parent gains confidence, according to Barnes. The book shows parents how to stay calm, communicate clearly, set boundaries, have reasonable expectations, give consistent consequences, and teach a young child self-control and other skills.

Parenting toddlers can be a time of high conflict. Many couples are just finding out that they have very different parenting styles — one may see the other as either too lenient or too strict, says Barnes. It may not be an exaggeration, she adds, to say that agreeing to use *Common Sense Parenting®* techniques "saves marriages. It can lead to a lot less strife."

Parents, according to Barnes, list many of the same problems

with their toddlers — acting up at bedtime and meals, throwing temper tantrums, refusing to take "no" for an answer, etc. In dealing with these issues, however, parents also make common mistakes — treating children like "little adults," giving kids choices they're not equipped to make, and setting expectations too high.

Young children, she says, need lots of reminders, assistance, modeling, and patience. The book provides step-by-step information on how to do these things. Also included are answers to dozens of questions frequently asked by parents of toddlers.

Barnes is the mother of two and stepmother of four children and has been a *Common Sense Parenting* trainer for 13 years.

*Common Sense Parenting of Toddlers and Preschoolers* is available from the Boys Town Press, 14100 Crawford St., Boys Town, NE 68010. 1-800-282-6657, www.girlsandboystown.org/btpres

Boys Town Press is the publishing division of Girls and Boys Town, the original Father Flanagan's Boys' Home.

For more tips on parenting, visit our Web site: www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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## Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E Ironwood. For more information on Jewish or Muslim services, Sunday School programs, Vacation Bible School, Bible studies, youth groups and women's, men's and family ministry, call 228-5411.

### Catholic Mass schedule

**Saturday:** Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

**Sunday:** Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

**Daily:** Catholic Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

### Protestant Services schedule

**Sunday:** Contemporary Service is at 8:30 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m. Gospel Service is at 11:15 a.m. at Hope Chapel.

## Education Services

### Base education services office hours

The Davis-Monthan Education Services is open from 8 a.m. to 4:30 p.m. Mondays through Fridays. They also make individual appointments for anyone unable to come during regular business hours. To make an appointment with a counselor, call Phil King at 228-4249 or Rafael Maldonado at 228-3484. For other appointments, please call 228-4815 or 228-4813.

### Commissioning briefing

There is a commissioning briefing Dec. 11 at 8 a.m. in Bldg. 3200, Room 243. For more information, call Rafael Maldonado at 228-3484 or Phil King at 228-4249.

### Holiday testing schedule

The Base Training and Education Services Testing Center will be closed from Dec. 23 through Jan. 1. For more information, call Phil King at 228-4249.

## Family Support Center

### New spouse orientation

There is a new Air Force spouse orientation Dec. 4 from 8 a.m. to 2:30 p.m. at the officer's club. Spouses learn about the Air Force, base services and benefits. Fun activities, games and prizes are included along with free childcare and lunch. Reservations required. For more information, or to sign up, call 228-5690.

### Smooth Move

There is a Smooth Move briefing Dec. 4 from 8 to 11 a.m. in Bldg. 3200, Room 266. The briefing helps prepare individuals for their next PCS assignment. For reservations, call 228-5690.

### Hearts Apart Christmas dining

The Hearts Apart Group is dining together

at the Desert Inn Dining Hall Dec. 10. Individuals whose spouses are deployed are invited to join them for an inexpensive meal and an evening to celebrate the upcoming Christmas season. Arrive early enough to eat prior to Santa Clause arriving at 6 p.m. For more information, or to sign up before Dec. 9, call 228-5690.

### Deployed spouse seminar

Individuals whose spouses are deployed and would like to know about the programs the wing has to support them should attend the Family Support Center Readiness Program Dec. 4. The seminar is at the Desert Dove Chapel at 9 a.m., 2 or 7 p.m. Refreshments and free babysitting provided. For required reservations, call 228-5690.

### Employment assistance

The family support center offers an interview workshop Monday from 8 to 10 a.m. and a resume writing workshop Tuesday from 8 to 10 a.m. in Bldg. 3200. For more information, or to sign up, call 228-5690.

### CSB/Redux briefing

Personnel who are at their 14 and a half year mark are at the decision point to select CSB/Redux or High-Three as their retirement plan. In order to make the best selection, attend the briefing Dec. 6 from 9 to 11 a.m. in Bldg. 3200, Room 267.

## Happenings

### Tops In Blue

Tops In Blue, the entertainment showcase of the U.S. Air Force, is scheduled to perform at Davis-Monthan Jan. 30. For more information on Tops In Blue, visit [www.afsv.af.mil/TIB/default.htm](http://www.afsv.af.mil/TIB/default.htm).

### Airman's Attic

The airman's attic, is open Mondays and Thursdays from 4 to 6:30 p.m. They are in need of furniture, maternity clothes, kitchen items, tools and serviceable BDUs. For more information, call 228-4098.

### Thrift shop

The D-M thrift shop, located across from the bowling alley, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

### Santas in Blue

Santas in Blue is collecting presents for students of four different schools at the Tohono O'odham American Indian reservation southwest of Tucson. To donate gifts, contact one of the following group representatives: 355th Maintenance Group, Master Sgt. Leah Proffit, 228-6090; 355th Medical Group, Capt. Sarah Cuciti, 228-2908; 355th Mission Support Squadron, 1st Lt. Carolyn

Hackworth, 228-4418; or 355th Operations Group, Master Sgt. Matt Rogers, 228-9326. For all other information, call Capt. Chrissy Cuttita at 228-4570 or Master Sgt. Dennis Mahon at 228-2414.

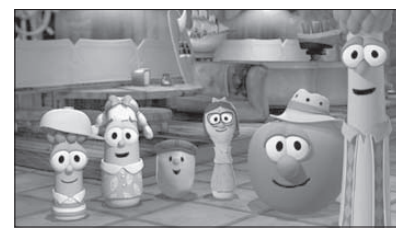
### Book Fair and Family Night

There is a Scholastic Book Fair at Frank Borman Elementary School Tuesday through Dec. 10 from 8 a.m. to 3 p.m. in Rooms 21 and 22. There is also a Reading Round-up Family Night Tuesday from 5 to 7 p.m. Events include having your picture taken as Stretch the Cowpoke, feeding Pecos Pig or checking out the selection of books. For more information, call Frances Weesner at 748-1591.

## Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for ID card holders and their guests only. For the theater movie recording, call 748-1157.

### Friday: Jonah: A Veggie Tales Movie (G)



The first feature film based on the popular direct-to-video children's series featuring

talking Christian vegetables. This is an animated retelling of the story of Jonah and the whale, but with talking vegetables. 1 hour, 25 minutes

### Saturday: White Oleander (PG-13)

White Oleander chronicles the life of Astrid, played by Alison Lohman, a young teen-



ager who journeys through a series of foster homes after her mother, played by Michelle Pfeiffer, goes to prison for committing a crime of passion. Set adrift in the world, Astrid struggles to become her own person while coming to terms with the challenges of living life on her own. 1 hour, 49 minutes

### Sunday: Knockaround Guys (R)



The film follows four sons of well-known Brooklyn-based mobsters and their desperate fight to

retrieve a bag of cash in a small Montana town ruled by a corrupt sheriff. As they unite to find the money, they come face-to-face with the bloodshed and betrayal that is their birthright. 1 hour, 31 minutes



## Thanksgiving Schedule

*Mon. - Wed. 7:30 a.m. to 9 p.m.; Closed Thurs. and Fri.; Sat. noon to 8 p.m.*

*SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY*



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# DESERT AIRMAN CLASSIFIEDS

## Misc. for Sale

Small Animal Cage (mice, hamsters, etc.) with accessories. \$10. Call 514-2570.

Bike trailer \$40 OBO Home: 574-1498

Set of Dishes: \$30 Home: 574-1498

14kt Engagement/Wedding Ring Set, Bands have 9 diamonds inset in white gold / Marquise cut engagement ring, Never used - Asking \$1500 - paid \$2200 at Zales. Contact Carol 584-0306.

Xirlink Digital Camera. USB/Serial cable, software, and manual included. Must Sell \$30 790-5403.

## Misc. for Sale

'92 Coleman Pioneer Sedona pop-up camper. Excellent condition. \$3000 obo. '87 Ford Bronco II new starter and battery, new tires, four wheel drive runs good, \$2000 obo. Call Brian or Rochelle at 514-9065.

Pearl Necklace - solitaire w/ delicate gold chain. Nice Gift at a reasonable price! \$40 obo. Call 733-5968.

Crib and mattress- \$20, Stroller-\$25, Walker-\$5, Portable Booster with tray-\$5, Sm Child Car seat- \$20, Booster Car seat-\$15, Call 520-591-8774.

AB Doer, never used \$40. Evenflo car seat, like new \$25. 514-7564.

## Furn. & Appliances

Sectional Sofa with full bed, two recliners, pull out drawer and table - \$475.00, large sharp, carousel, microwave with turn table \$50.00, call 663-0206.

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or call Norm Flemens at  
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Queen size box springs. \$40. Call 232-9001.

W/D Kenmore LIKE NEW Side by Side Large Capacity. 1+Year old, Used by Single Person. All manuals. \$650 OBO Andrea or Bob 760-6690.

For Sale blue checked Couch, Loveseat and Flowered overstuffed chair, in good condition. \$150.00 for all. Large wall picture \$45.00. Wall mirror with dark cherry wood frame, \$50.00. Brand new satellite dish, still in box, never used, \$40.00 Please call 571-0730, 909-6808 or Capt. Martinez at 228-5411.

For Sale: Queen size cherry sleigh bed. Includes good, clean Sealy mattress set. Great condition! \$450.00. Call 663-3937.

Like new from Sears King Mattress set \$180. King Mattress just top \$150. Good quality, Brand new Queen Mattress set, quilted \$150. Full size double pillowtop mattress set 12 inch. thick white \$200. Must See 573-6950. 11/22 1T/P.

## Homes for Rent

Immaculate 3 BR 2BA den certified energy saver A/C and elec. averaged 75mo. up-scale kitchen sunblinds tile W/D covered patio huge walled lot great views oversized garage security system Available Rita Ranch 995/mo. Donna 877-8787 day 625-3217 Matt 664-2298 6 mo lease ok. 11/15 3T/P.

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- Increase intake of lycopenes (found in processed tomato products)
- Have regular health check-ups and follow AMA and ACS guidelines for mammography and other cancer screenings
- Decrease the saturated fat from your diet; increase the fiber
- Drink plenty of filtered water
- Take your vitamins

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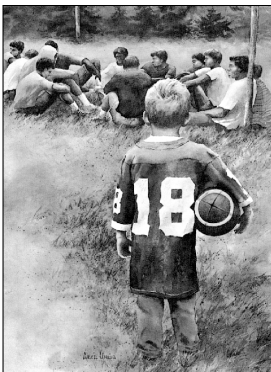
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59' Ford Station Wagon 66 Corvair, 65 & 69 Volkswagon Squarebacks, 69 VW Fastback, 65 Mercury Breezeway Sedan, 67 Mercury Monterey, 73 Dodge Dart, \$750.-\$5000. 298-8250.

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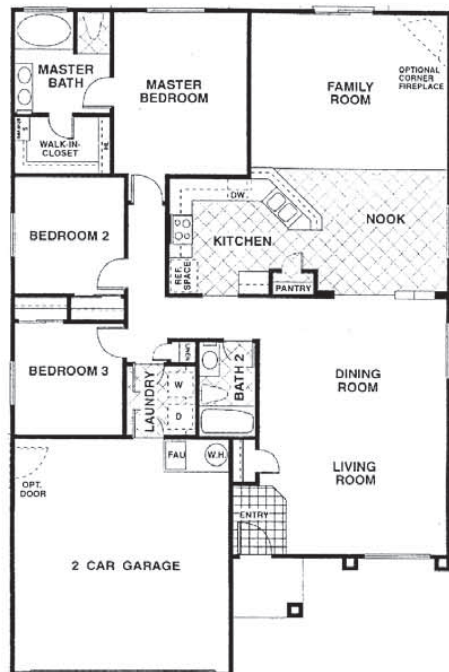
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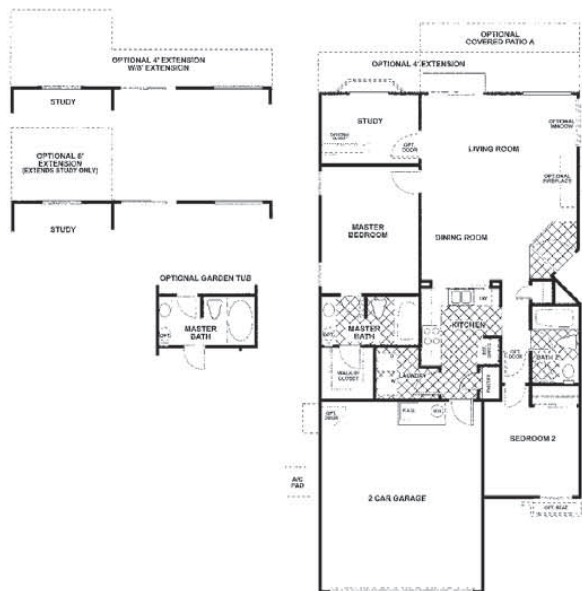
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2-4 Bedroom Homes, 1024-1581 Sq. Ft.

PRICED FROM **\$126,950**



PLAN SHOWN PRICED AT  
**\$129,950**

**Prickly Pear  
Plan #18**

Approximately 1145 sq. ft.  
2BD, 2BA, study,  
2 car garage

**546-8500**

## 3 JENNIFER MEADOWS

2-4 Bedroom Homes, 1024-1581 Sq. Ft.

PRICED FROM

**\$110,450**

PLAN SHOWN  
PRICED AT

**\$118,450**

**Cholla Plan #91**

Approximately  
1297 sq. ft. 3BD, 2BA,  
nook & laundry room.

**886-9256**



## 4 PARAISO

2-4 Bedroom Homes, 1027-1581 Sq. Ft.

PRICED FROM **\$95,950**

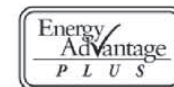
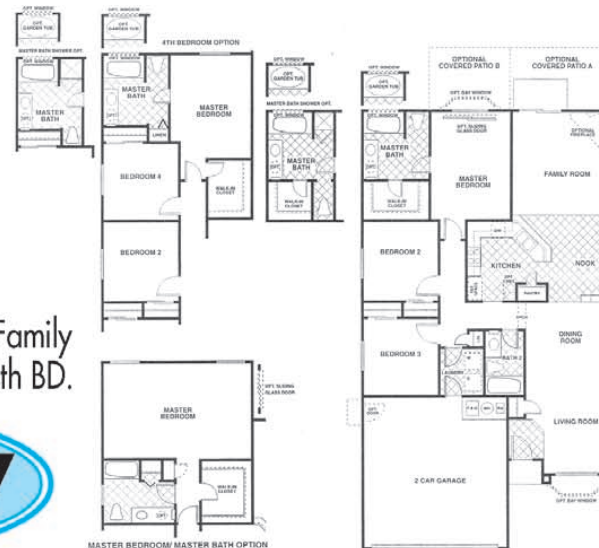
PLAN SHOWN  
PRICED AT

**\$107,950**

**Ocotillo  
Plan #92**

Approximately  
1495 sq. ft. 3BD, 2BA, Family  
Room, LR, DR, Optional 4th BD.

**807-5207**



ROC B065983

Prices subject to change without notice. Offers, incentives and seller contributions are subject to certain terms, conditions and restrictions which may include using designated lenders and closing agents. US Home reserves the right to change or withdraw any offer at any time.

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